



Run and Pray Run Workout Planner

Every mile is a small act of stewardship, not a project to perfect (CCC 364, Romans 12:1).

This week's purpose (why I'm training): _____

Tracks: Walking / Jog (Walk and Jog Intervals) / Run (Walk and Run Intervals) / Cardio Machine

Day	Track & Duration	Prayer Focus	Done	Notes
Mon			☐	
Tue			☐	
Wed			☐	
Thu			☐	
Fri			☐	
Sat			☐	
Sun			☐	

End-of-week reflection

- What did I offer up this week, and for whom?

- Where did I want to skip a session, and what did I do instead?

- One thing to carry into next week:

Example week: every track at its shortest (15-minute) length

Same tracker as the page before it, filled in as a worked example, not a week to copy exactly.

Day	Track & Duration	Prayer Focus	Done	Notes
Mon	Walking: warm-up 3 min, brisk walk (RPE 3 to 4) 9 min, cool-down 3 min	A decade of the Rosary	☒	Felt easy the whole way; ready to try Jog next week
Tue	Rest		☐	
Wed	Jog: warm-up 3 min, jog 1 min / walk 2 min x3 (9 min), cool-down 3 min	Offered the jog intervals for my son	☒	Legs heavy on interval 1, smoother by interval 3
Thu	Rest		☐	
Fri	Run: warm-up 3 min, run 2 min / walk 1 min x3 (9 min), cool-down 3 min	Breath prayer during the run intervals	☒	Out of breath by minute 2 of each run segment
Sat	Cardio Machine: warm-up 3 min, steady (RPE 3 to 4) 9 min, cool-down 3 min	Rosary during the steady segment	☒	Used the treadmill at 0 percent incline
Sun	Rest		☐	

Shortest-session numbers for Walking, Jog, Run, and Cardio Machine drawn directly from the Cardio Starting Programs page's 15-minute column.